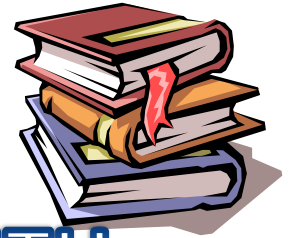


GOVERNOR SEMPLE SCHOOL

FEBRUARY 2013 NEWSLETTER

Mr. Jeff Anderson – Principal 150 Hartford Avenue Winnipeg MB R2V 0V7
Ph. # 204-339-7112 Fax #204-334-7356



I LOVE TO READ MONTH



A big Thank you to Officer Sampson for coming out and reading "The Duckling Gets a Cookie" by Mo Willems to room 6 and 7.

Officer Sampson loves to read and we are so happy he was able to share this wonderful book with us!

The Honourable Gord Mackintosh and Edie Wilde, Assistant Superintendent were also guest readers in our school. A future guest reader will be our former Kindergarten teacher, Carol Matsumoto.

THANK YOU TO ALL!

Daylight Saving time
Begins
Spring Forward
March 10, 2013

Important Dates to Remember



February

- 22 Theme Day – “wear a T-Shirt with words on it”
- 25 Kindergarten Registration starts
- 26 No Heritage Language class

March

- 8 Report Cards Home
- 12 Last gr. 4 swim class
- 11 –15 Second Term, Triad Conferences
- 14 No Heritage Language classes
- 15 **NO SCHOOL** – Triad Conferences
- 16 Badminton Tournament @ Maples Collegiate
- 18-22 Milk Spirit week
- 19 Last skate class for rm. 6
- 21 Last skate class for rm. 7
- 21 Last Heritage Language class
- 21 Hot Lunch
- 22 Theme Day
- 25 –29 Spring Break – **NO SCHOOL**

Happy 
St. Patricks Day

April

- 1 1st day back – Day 1
- 4 École Seven Oaks Middle School Open House at 7:00 p.m.
- 12 Talent Show a.m.
- 16 Edmund Partridge Open House at 6:30 p.m.
- 19 **NO SCHOOL** – Professional Dev. Day
- 25 Hot Lunch
- 25 Family Night – 5:30 – 8:00
- 26 Theme Day
- 29 Gr. 4 Science Camp – Manitoba Museum

May

- 6 **NO SCHOOL** – Professional Dev. Day
- 7 X-Country
- 8 Hep B shots – gr 4's only
- 13 Dual Track & Field @ West Kildonan Collegiate
- 20 **NO SCHOOL** – Victoria Day
- 23 Lunch Lady Hot Lunch
- 31 Theme Day

NOTE: PLEASE NOTE THAT SOME DATES MAY CHANGE FOR IN-SERVICE DAYS TO BE ADDED OR DELETED.
PLEASE CHECK THIS LIST MONTHLY. THANK YOU



Kindergarten Registration Begins February 25th.

Governor Semple School will be accepting Kindergarten Registration starting Monday, February 25th, 2013.

Registration times are listed below:

Registrations will be taken during regular office hours from 9:00 a.m. to 4:00 p.m.

Please note that your child must be five years old by **December 31, 2013** in order to be eligible for registration for the fall Kindergarten classes. You must bring your **child's birth certificate, medical card and proof of address** when coming to register.



SEVEN OAKS
SCHOOL DIVISION
community begins here

SEVEN OAKS SCHOOL DIVISION

Invites the Community to the 2013 - 2014

Public Budget Consultation Meeting

The Board of Trustees of the Seven Oaks School Division invites the public to an open meeting to discuss the 2013-2014 school year budget. The purpose of the meeting is to inform the public about funding provisions and current budget discussions and to invite comment on educational and budget initiatives.

Monday, February 25th, 2013 – 7:00 p.m.
Garden City Collegiate
711 Jefferson Avenue

Parents of Kinders and School Age Children

Governor Semple Children's Place currently has spaces open for enrolment. If you or someone you know is in need of child care, please drop by room 5 in the school or call our program @ 290-8517 between 7:00 a.m. – 9:00 a.m. or 11:30 a.m. – 5:30 p.m. You can ask for Anita or Cecilia. You may also call our main center Sunny Mountain Daycare @ 290-7980 after 9:00 a.m. and ask to speak with Patrisha.

In the Spring the centre will also be starting up an introduction to French nursery program from 9:00 – 11:30, Monday to Friday. Please call with inquiries.

Provide a small light and worthwhile books close by your child's bed.
Let him keep his lamp on an extra fifteen to twenty minutes if he's reading.



REMINDER to all Parents/Guardians
It is important that you notify the office of any address, phone numbers and other changes, so that our records can be kept up to date.

Thanks for your cooperation!

Student Milk Forms- Parent(s)/Guardian(s), please make sure that you sign the milk forms for the students that buy milk.



Reminder -we don't sell single milks, you must buy a card for \$7.00 or \$14.00.

Thank you

Please remember to send utensils (spoons, forks) with your child for their lunch/snacks.

James Nisbet Nursery School (70 Doubleday Drive) is a 30 space nursery program located at Ecole James Nisbet School in the Maples.

We are holding an Open House and Registration on Monday, March 4, 2013 from 6:30-8 pm.

A \$50 non-refundable deposit (either cash or cheque) is required for registration.

We are now offering a three class per week morning program!

Programs Offered

Mon/Wed/Fri AM 9:15-11:30 am for children 3-5 yrs.

Tues/Thurs AM 9:15-11:30 am for children 3-5 yrs.

Tues/Wed/Thurs PM 12:45-3 pm for children 4-5 yrs.

Please visit our website at www.jnns.ca or phone 204-953-1193 for more information

École Seven Oaks Middle School
Open House
Thursday, April 4th 2013 @ 7:00 p.m.

Edmund Partridge
Open House
Tuesday, April 16, 2013
@ 6:30 p.m.



TRY LACROSSE"

Are you interested in trying Canada's National Sport? Falcon Lacrosse is hosting "Try Lacrosse" at Red River Community Centre, 293 Murray Avenue on Wednesdays starting February 6 from 6:00 p.m. to 8:00 p.m.

For further information contact Tim Isfjord at 204-451-5935 or tisfjord@mts.net.

Community Coordinator News

WHAT'S WRONG WITH BEING SHY? By Sara Dimerman, Parents Canada, Nov 2012

Q: My six-year-old daughter is very shy. When she is with me I let people know that she is shy and they seem to understand but now that she is in Grade 1 and I can't be close by, I worry that she will be uncomfortable socializing with the other children. How can I help her climb out of her shell?

We often follow our children's lead when it comes to pulling away or moving in. When a child is outgoing or a chatterbox, it's easier to pull back, knowing that your child can talk or find her way through different situations. When a child appears more vulnerable or afraid, it's easy to jump in quickly – even to speak on her behalf, as you say you do, so that she doesn't have to endure any discomfort. Unfortunately, speaking on her behalf may only make it harder for her to find her own voice.



It's true that temperament shows itself early and can determine how a child handles social situations. However, there are other factors:

- Parent example: A child may model behaviours of a parent who feels less comfortable in the company of others
- Parent expectations: If a parent regularly explains a child's behaviour by saying he's "shy", the behaviour becomes a self-fulfilling prophecy. In other words, a parent may unintentionally perpetuate "shy" behaviour by labelling it.

Actually, there's nothing wrong with being "shy". Yet some parents urge their children not to cling or hide behind them when out socially. My reading of this is that parents may think of shyness as a negative behaviour and may feel that others, too, perceive their child as lacking – in self-confidence, for example. Perhaps a reframing of shyness might help. In fact, in some cases, a child's pulling back to observe and assess the situation before deciding when and how to interact with others may be better than jumping in with great gusto. Your daughter may just need a little more time to warm up to others.

When a child is very young, hiding behind her parent may not be shyness, but her way of saying the situation is overwhelming and that she needs her parents as a buffer. If this happens to you, rather than forcing her out from behind you, try to understand her needs and let her come forward gradually. On the other hand, try not to speak on her behalf or overprotect your reticent child from interacting with others.

Bottom line: Allow your daughter to emerge at her own pace and recognize that there are many different points between shy and outgoing. Avoid labelling her as shy. This will help her develop an ability to function comfortably without you when she is in social environments, such as school.

Dave Mathers

Community Coordinator

FEBRUARY INFO

KYAC is FREE all school year long!

**Guitar program continues this month! Tuesday nights @ ESOMS from 6-8pm
Beginners: 6-7pm Advanced 7-8pm**

Important dates:

Wednesday February 6th, 20th, 27th KYAC @ EP will be from 7-9pm

Check out our

website: <http://www.7oaks.org/Programs/KYAC/Pages/default.aspx>

We are looking for parent representatives on the KYAC board council, email us!

Have a suggestion for KYAC programming?? Let us know!

Register w/ KYAC - Email us kyac@7oaks.org for more details!**

ALL ARE WELCOME!

Subject to cancel if there are not enough participants

'Like' our page on facebook, search: KYAC

Follow us on twitter → @kyac7oaks for daily updates

For more information, contact Pierre Feng, KYAC Program Coordinator,
at 586-0327 or by email at pierre.feng@7oaks.org.



City of Winnipeg Leisure Guide

The City of Winnipeg is proud to provide a wide variety of recreation and leisure opportunities that contribute to the overall well-being of our community. The Leisure Guide is published three times per year and is filled with fun and exciting programs for everyone, including a number of camps to keep the kids busy this summer! For more information on leisure, sport and fitness programs, please pick up a copy of the Leisure Guide, call 311 or log on to Winnipeg.ca/leisureonline. Guides are available for pick up at civic pools, libraries and leisure centres, and at a number of retail locations including Safeway, 7-Eleven and Mac's.

Watch for the Spring/Summer 2013 Leisure Guide at the beginning of March! Registration for swimming lessons only will begin on March 12 at 9:00 am. Registration for all other programs will begin on March 13 at 9:00 am. Registration will be ongoing after these start dates.

City of Winnipeg Priceless Fun

Winnipeggers now have easy access to information about free recreation, leisure and library programs with the free programming guide, Priceless Fun.

The Spring/Summer edition of Priceless Fun, available in March, provides information about the free programs for children and youth being offered by the City of Winnipeg throughout the city, all in one convenient guide.

Hard copies of Priceless Fun are available for pick up at all civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at: Winnipeg.ca/cms/recreation/pdfs/Free_programs.pdf. Information about programs is also available by calling 311.

Educational Assistant Internship Program

This program trains unemployed or underemployed persons to work as an educational assistant within the school system.

Excellent candidates for this program are school volunteers, lunch supervisors, substitute educational assistants, foreign trained teachers, and parents of special needs children. Candidates ideally should already be volunteering in schools and would be recommended by their principal. Candidates need to be caring and reliable.

Trainees attend workshops every Monday at Jobworks. The rest of the week is spent doing a practicum in a public school. If required, some students spend part of the week upgrading English, Math and Computer skills in order to complete a Grade 12 Diploma. The program runs from September to March each year. Interviews for September are held in April and May. This program is funded by the Department of Entrepreneurship, Training and Trade/Employment and Training Partnerships and the Manitoba Metis Federation.

Eligibility

- Employment Insurance (EI) recipient or an EI claim within the previous 3 years;
- Parental/maternity claim within the previous 5 years;
- Employment and Income Assistance recipient;
- Unemployed or underemployed individual

You must attend an information and orientation meeting. Application forms will only be available at these meetings. Information meetings will be held:

Location: Jobworks – 1175 Pembina Hwy

Dates: Thursday, February 14th, Thursday, March 7th, and Thursday, April 4th, 2013

Times: 10:00 a.m. – 11:00 a.m. or 1:30 p.m. – 2:30 p.m.

Registration dates for information sessions are also posted on our website

www.jobworksschool.com .

Eligible applications arriving late will be placed on the waiting list.

For more information please contact the project coordinator, Allan Pfeil, at 204-510-0990. This program information is also available at www.jobworksschool.com under Educational Assistant Internship.

Pending Funding Approval



SEVEN OAKS
EDUCATION FOUNDATION INC.

Seven Oaks Education Foundation Inc.

invites you to attend the

Annual General Meeting

Tuesday, March 5, 2013

5:00 p.m. – 6:00 p.m.

Canad Inn Garden City

2100 McPhillips Street

(Refreshments Provided)

Vision

A supportive community where all students believe they can continue their education and training beyond high school.

Mission Statement

To make post secondary education accessible for as many students as possible by engaging the financial support of the Seven Oaks Community.

We value education beyond high school, community, sustainability and inclusion.

Helping People Save Lives – Every Day!

This training is being provided by:



Office #: (204) 233-CFAT (2328)
Website: www.cfat-fesc.ca
Email: First-Aid@cfat-fesc.ca

PHILIPS

AED Authorized Master
Stocking Distributor



Babysitting Course

(Caring for Babies, Toddlers, Preschoolers, School-Aged Children & First-Aid modules)

***Pre-course Requirements: Participants must be 11 years of age or older**

Full Course: \$49.00 / person + GST (8 hours)

In-House Training available: Unit B – 390 Provencher Blvd. Winnipeg

Saturday February 23, 2013

Spring Break: March 25, 27 & 28, 2013

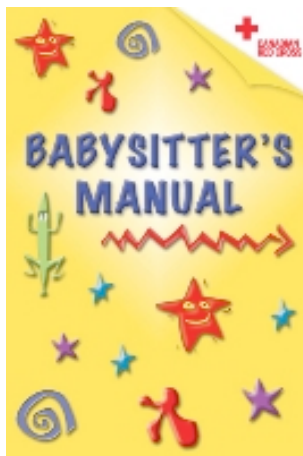
Full course training takes approx. 8 hours to complete
(e.g. 8:30am - 4:30 pm)

***Babysitter Certification card included**

Group Training Also Available!

- * Minimum 10-person charge**
- * Large groups welcome**
- * Train at our facility or yours – Same price!**

Receive this manual!



**CANADIAN
RED CROSS** **CROIX-ROUGE
CANADIENNE**
TRAINING PARTNER PARTENAIRE
DE FORMATION

To register for one of our in-house courses or to set up training at your facility, please contact us at:

Office #: (204) 233-CFAT (2328)

Email: First-Aid@cfat-fesc.ca

Helping People Save Lives – Every Day!

For more information, visit our website at: [WWW.cfat-fesc.ca](http://www.cfat-fesc.ca)

Here is what you'll learn about!

The Babysitting course includes the following modules:

<p style="text-align: center;">Chapter 1: GETTING STARTED</p> <ol style="list-style-type: none"> 1. The Business of Babysitting 2. Your Role 3. Rules and Routines 4. Family's Expectations 5. Discussion 	<p style="text-align: center;">Chapter 2: CARING FOR BABIES</p> <ol style="list-style-type: none"> 1. Stages for Babies 2. Holding, Diapers, Dressing, Feeding, Food Find 3. Sleeping, Crying, Getting Along 4. Be a Problem Solver 5. Precaution for Babies 6. Toys and Games for Babies 7. Matching Toy with Age 8. Discussion + Practical Component
<p style="text-align: center;">Chapter 3: CARING FOR TODDLERS</p> <ol style="list-style-type: none"> 1. Stages for Toddlers 2. Diapers, Dressing, Feeding, Food Find 3. Sleeping, Getting Along 4. Be a Problem Solver 5. Precaution for Toddlers 6. Toys and Games for Toddlers 7. Matching Toy with Age 8. Discussion 	<p style="text-align: center;">Chapter 4: CARING FOR PRESCHOOLERS</p> <ol style="list-style-type: none"> 1. Stages for Preschoolers 2. Feeding, Food Find, Toilet Learning 3. Dressing, Sleeping, Getting Along 4. Be a Problem Solver 5. Precaution for Preschoolers 6. Toys and Games for Preschoolers 7. Matching Toy with Age 8. Discussion
<p style="text-align: center;">Chapter 5: CARING FOR SCHOOL-AGED CHILDREN</p> <ol style="list-style-type: none"> 1. Stages for School-Aged Children 2. Feeding, Food Find, Bedtime 3. Getting Along, Be a Problem Solver 4. Precautions for School-Aged Children 5. Toys and Games for School-Aged Children 6. Matching Toy with Age 7. True-or-False Brain Teaser 8. Summary of Decision-Making Abilities 9. Discussion 	<p style="text-align: center;">Chapter 6: INJURY IS NO ACCIDENT: CREATING SAFE ENVIRONMENTS</p> <ol style="list-style-type: none"> 1. Home Safety 2. Outdoor Play Safety 3. Fire Safety 4. Water Safety 5. Personal Safety and Security 6. Rural Babysitting 7. Safety Search 8. Discussion
<p style="text-align: center;">Chapter 7: HOW TO HANDLE EMERGENCIES AND FIRST AID</p> <ol style="list-style-type: none"> 1. Handling Emergencies 2. Preventing Injury and Illness 3. How to Call for Help 4. What to Do in an Emergency 5. Illness, Choking, Bleeding, Sprains, Strains, and Fractures 6. Poison, Burns, Special Health Problems 7. First Aid Kit Explanation 8. Discussion + Practical Component 	<p style="text-align: center;">Chapter 8: SPECIAL CONSIDERATIONS</p> <ol style="list-style-type: none"> 1. Appropriate and Inappropriate Touching 2. Child Abuse and Neglect 3. Discussion
<p style="text-align: center;">For Your Information:</p> <p style="text-align: center;">2 x 15 minute breaks 30 minute lunch break</p> <p style="text-align: center;">*Light afternoon snack provided!</p> <p style="text-align: center;">*Please bring lunch!</p> <p style="text-align: center;">*Please note, we are a nut AND peanut-free environment</p>	<p><u>Hi Parents! Interested in upgrading your training?</u></p> <p>Take the 1 day training to be certified in Emergency Child Care First-Aid w/ CPR Level B & AED for only \$90.00</p> <p><u>Cover the following modules:</u></p> <div style="display: flex; align-items: center;">  <ul style="list-style-type: none"> • Adult, Child & Infant: • Choking • CPR (Cardio Pulmonary Resuscitation) • Cuts, Scrapes, Bleeds, Wound Care • Medical Conditions: Fainting, Seizures, How to Use Epipens® • And much more! </div>

Helping People Save Lives – Every Day!

Looking For Value Added Training For Your Training Dollar? We Do That!

" The bitterness of poor quality lingers long after the sweetness of low cost is forgotten"

- L. Porteous Fenster -

CANADIAN FIRST-AID TRAINING Ltd. provides the following list of value added components to all our in-house and out-course ***First-Aid, CPR, Babysitting and Automated External Defibrillation (AED)*** training. This includes:

- Professional, fun and knowledgeable staff certified as Authorized Providers with the **CANADIAN RED CROSS**.
- We can teach at your location and at your convenience
- Show up early for course set up (30 minutes).
- Provide course specific manuals for students to keep. We only use recognized material developed by the **CANADIAN RED CROSS**, which is recognized in over 185 countries around the world!
- **CANADIAN FIRST-AID TRAINING Ltd.** teaches to the new 2010 ILCOR (International Liaison Committee On Resuscitation) guidelines for which the **CANADIAN RED CROSS** is a participating member.
- Relaxed atmosphere when teaching.

At CANADIAN FIRST-AID TRAINING Ltd., we:

1) Adhere to best practice recommendations for all training. We provide the following:

- 1 manikin/person ratio for all CPR (**No sharing with other people!!!**)
- Floor mats for CPR training (**no more sore knees!!**)
- Flat screen TV w/ DVD capability *(Out course groups only)
- Whiteboard *(Out course groups only)

2) Only use top of the line equipment. This includes:

Demonstrate, fully explain & use:

- **Automated External Defibrillator (AED) trainer units: Philips Health Care Canada**
- *Gauze roller and triangular bandages, gauze non-stick pads, splints, etc. for all first-aid practical exercises (course specific)*
- **Epipen® & Twinject®** trainer units for practical exercises (i.e. severe allergies – anaphylaxis) *(first-aid courses only)*
- **Manitoba Regulations First Aid kits.** *(All courses)*
- Asthma puffers and Aero-Chambers® - i.e. (Spacers), etc. *(first-aid courses only)*

3) Also do the following at no extra charge:

- We bring products (i.e. first-aid kits, key chains and pocket masks) available for purchase.
- We customize the course to the knowledge of the group (i.e. take prior history into account).
- Full Explanation of **Manitoba Good Samaritan Protection Act** (Enacted – Dec. 7th, 2006).
- Full Explanation of **Manitoba - The Defibrillator Public Access Act (Bill 20)**

After training has been completed, we will:

- Stay afterwards to answer all questions, concerns and comments resulting from the training and leave each participant with contact information for any concerns, which may result from training.
- Students receive 1 wallet certificate (CPR & AED courses) and 1 wall certificate* (8.5x 11) (First-Aid courses only)
- Company/organization will receive copies of all certificates in a separate folder and all participants will be entered into our course management system. 90, 60 and 30-day notification of expired responders after 3 year period or upon request.

LIFE THREATENING ALLERGIES

Understanding the Risks

Reducing the Risks

Vigilance Without Fear:

Helping Parents and Kids Cope with Life Threatening Allergies

Dr. Michael Teschuk, Psychologist with the University of Manitoba and Winnipeg Regional Health Authority, will discuss strategies to help parents and their children cope with anxiety and stress that arises from living with life threatening allergies.

Thursday April 4, 2013

7:00—8:30 pm

The Gray Academy, 123 Doncaster Street

(room number will be posted)

**to register call Nancy at 204-654-2676
or send email to mainmanitoba@shaw.ca**

**Enter through the Asper Jewish Community Campus at 123 Doncaster Street.
Free parking is located across the street. Please register at the security desk.**

Manitoba Anaphylaxis Information Network (MAIN)

**affiliated with Allergy/Asthma Information Association (AAIA)
Contact: Nancy Boni 204-654-2676 Email: mainmanitoba@shaw.ca**

Helping Families Cope with Life Threatening Allergies

**TD Canadian
Children's Book Week**
brings the magic of books and reading
to children all across Canada



Join in the fun!

Invite an author, illustrator or storyteller
into your classroom or library.

May 4 to 11, 2013

www.bookweek.ca



The Canadian Children's Book Centre